

RAKUEN TRANSLATIONS

STATUS: ONGOING
TYPE: WEBCOMIC
URASUNDAY



Danberu nan kiro moteru?

AUTHOR: SANDROVICH YABAKO
ARTIST: MAAM
2016



URA SUNDAY
COMICS
SANDROVICH YABAKO
& MAAM PRESENTS

TRANSLATOR: /A/NONYMOUS TYPESETTER: PAP041 CLEANER: PAP041
PROOFREADER: /A/NONYMOUS RAWs: /A/NONYMOUS REDRAWER: PAP041

 RakuenTranslations |  Ikebukurotranslations.blogspot.pe

CHAPTER 11: DIPS





ダン
何
キ
ロ
ベ
ル
持
て
る
?

Uehara Ayaka
160cm/50kg
B74
W57
H79







HEY,
AKEMI

YOUR PLACE
LOOKS LIKE
IT'S A DAMNED
PALACE OR
SOME RICH
GUYS MANSION
FROM A
MANGA...

SO, THE ONLY
PEOPLE WHO
LIVE HERE
ARE MYSELF
AND MY
SISTER

MY PARENTS
RETIRED FROM
THEIR CAREERS
EARLY AND ARE
GALLIVANTING
AROUND THE
WORLD.

...AS YOU'D
EXPECT
FROM A
GENUINE
LADY...

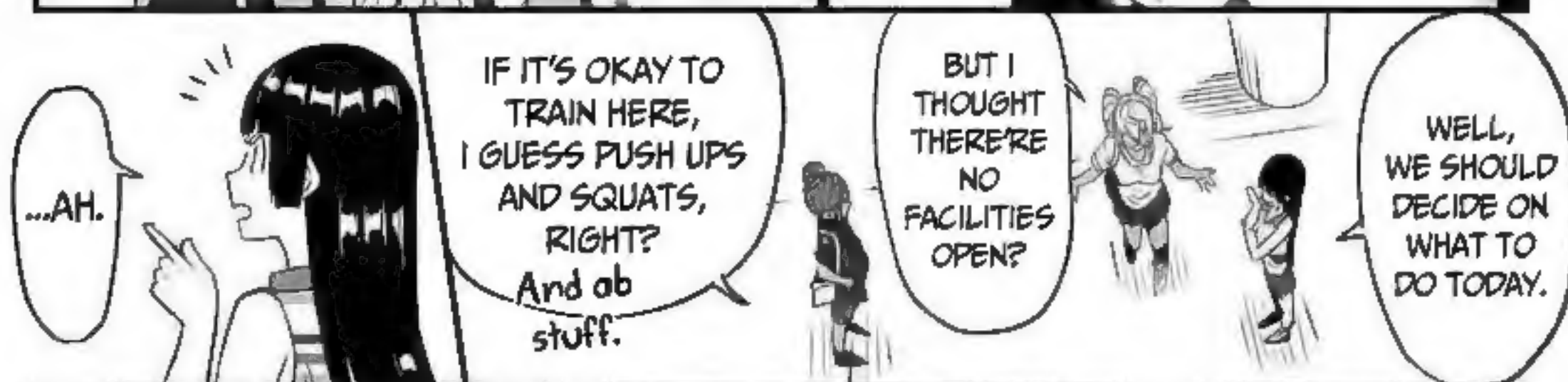
IS THAT SO?
I'VE BEEN
LIVING HERE
EVER SINCE
I WAS BORN,
I NEVER TOOK
NOTICE.



THIS PLACE
IS SO BIG,
COULDN'T
YOU JUST
MAKE A
TRAINING
ROOM
HERE.

YOU SAID
YOUR SISTER
LIKES
WORKING
OUT, TOO,
RIGHT
AKEMI?

WHOOAA~...!
THIS GIANT
PLACE FOR
JUST TWO
PEOPLE...



...THIS
LOOKS
LIKE AN
INTENSE
BOOK...

**READ WITH
MUSCLE!**
SPECIFIC COMPONENT TRAINING
DICTIONARY Ozu Toshio

THIS IS FROM
MY SISTER'S
LIBRARY,
BUT I THINK
THERE
SHOULD BE
USEFUL TIPS
IN IT.

MARTIAL ARTIST
**IKEUCHI
MENTAROU'S**
PERSONAL FAVORITE!!
"THIS BOOK IS PROTEIN
THAT YOU READ!"

**HEY, THIS
GUY'S RECENT
PHOTO IS
CREEPY!!!
WHAT KINDA
GUY IS OZU
TOSHIO!!!?**



LET'S SEE.....
"THIS BOOK IS AN
INTRODUCTION TO
SEVERAL KINDS OF
TRAINING FOR DIFFE-
RENT BODY PARTS.
IT'S WRITTEN FOR ALL
KINDS OF ACTIVITIES
FOR BEGINNERS
TO EXPERTS."

(RECENT PHOTO
OF AUTHOR) **OZU TOSHIO**

UHHH...

FLIP...

THIS BOOK
IS QUITE
POPULAR
WITH TRAI-
NERS...

**READ WITH
MUSCLE!**
SPECIFIC COMPONENT
DICTIONARY

WHOA!
IT DOES
HAVE
IT!!!

TRAINING
YOU CAN
DO AT
HOME

HERE
WE ARE!
THIS
SECTION!

GOOD
JOB
OW
TO-
SHIO!!!!

THIS IS
IT!!
EXACTLY
WHAT WE
NEEDED!!

WHO
OOO
AAA!!

I DON'T
GET WHAT'S
UP WITH
THAT POSE,
THOUGH.

AMONG YOU
READERS,
THERE MAY BE
A FEW PEOPLE
WHO DON'T
HAVE ACCESS
TO A GYM.
OR MAYBE,
THERE ARE
DAYS YOU
DON'T WANT
TO LEAVE
YOUR HOUSE.
FOR THOSE
READERS,
I'D LIKE TO
INTRODUCE
SOME TRAINING
YOU CAN
PERFORM IN
YOUR OWN
HOME.

IS THERE
REALLY NO-
THING ELSE
BUT SQUATS,
SIT UPS AND
PUSH UPS?

I GUESS WE
REALLY ARE
LIMITED TO
WHAT WE
CAN DO
IF THERE'S
NO GYM.



■ Narrow Push Ups

HMMMM,
SO PUSH
UPS AND
SQUATS
ARE THE
CENTRAL
IDEAS.

HOW
ABOUT
THIS
ONE?



!!!

TWO
CHAIRS
OF THE
SAME
HEIGHT.



WHAT
YOU
NEED:

D
I
P
S

A
CHA-
LLENGE
IN YOUR
HOME!!

YOU
SHOULD
BE AWARE
THAT
YOUR
BODY
WILL TILT
A BIT
FORWARD
AT THIS
STAGE.



STAND
BETWEEN
THOSE
TWO
CHAIRS
AND LIFT
YOUR-
SELF UP.



THE GOAL IS TO AVOID
REACTIVE MOVEMENTS.
YOU BODY WILL SWAY
AND BECOME UNSTABLE,
SO THE NEGATIVE
REDUCES THE WEIGHT
IN HALF.



•About 10 repetitions
is the objective!



BEND YOUR
ELBOWS
AND LOWER
YOUR BODY
SLOWLY.
WE CALL
THIS
MOTION A
"NEGATIVE."

**WE CALL
THIS
EXERCISE
"REVERSE
PUSH UPS."**


**FOR THOSE
OF YOU WHO
CANNOT
PERFORM DIPS,
TRY A SIMPLER
VERSION WHERE
YOU PLACE
YOUR FEET ON
THE FLOOR
LIKE THIS.**



**BE
CONSCIOUS
ABOUT
LOWERING
YOUR BODY
AS SLOWLY
AS POSSI-
BLE
WITHOUT
EASING
TENSION.**

**THE
ESSENTIAL
MOTION
IN THIS
EXERCISE
IS THE
NEGATIVE
MOVE-
MENT...**





WHAT YOU'RE
WORKING OUT
WITH DIPS ARE
YOUR PECTORALIS
MAJOR AND
YOUR TRICEPS
BRACHII MUSCLES.

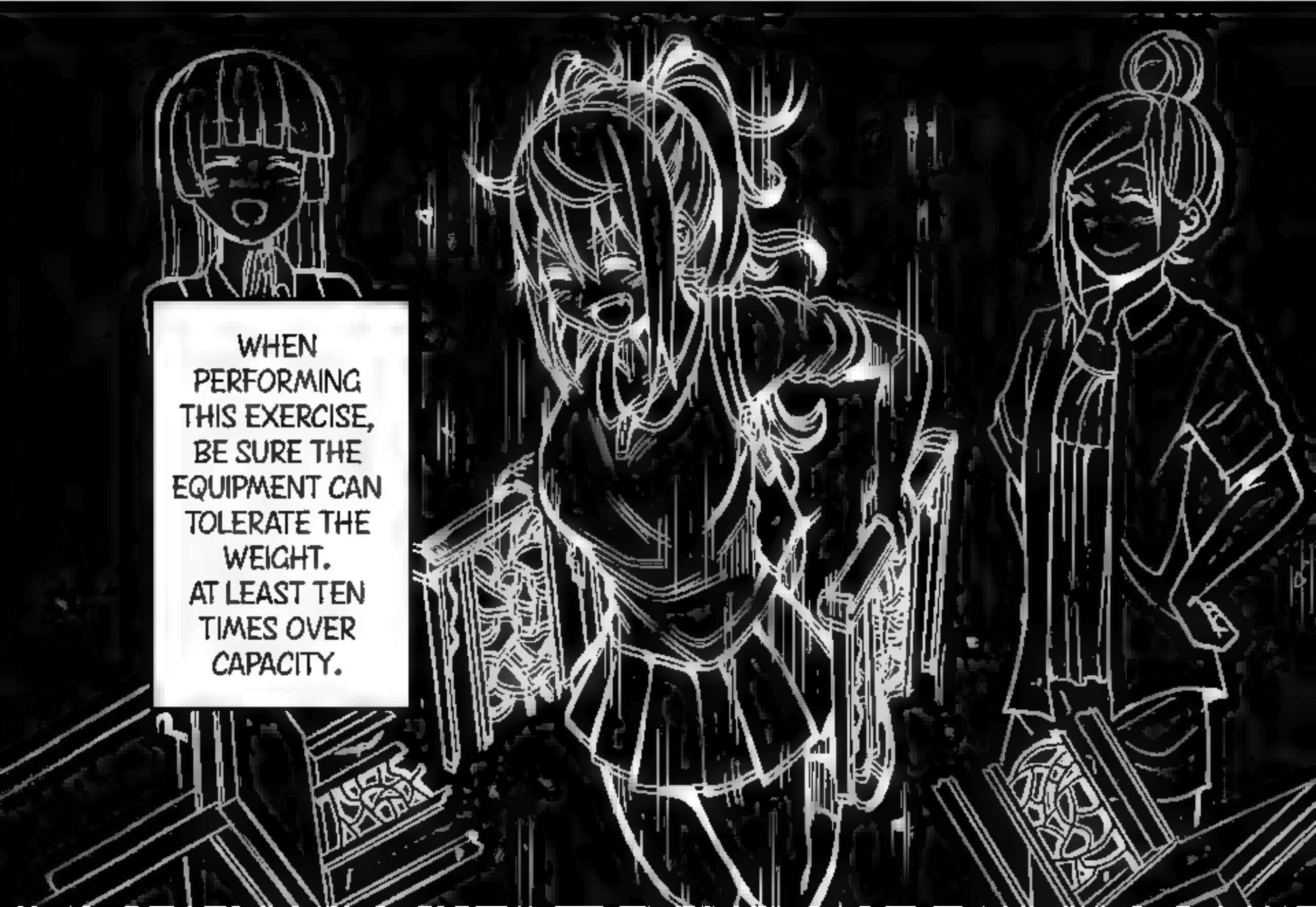
AS WITH THE
BARBELL BENCH PRESS
AND DUMBBELL BENCH
PRESS IN THE GYM,
YOU SHOULD COMBINE
THIS WITH PUSH UPS
AND SQUATS AT
HOME.







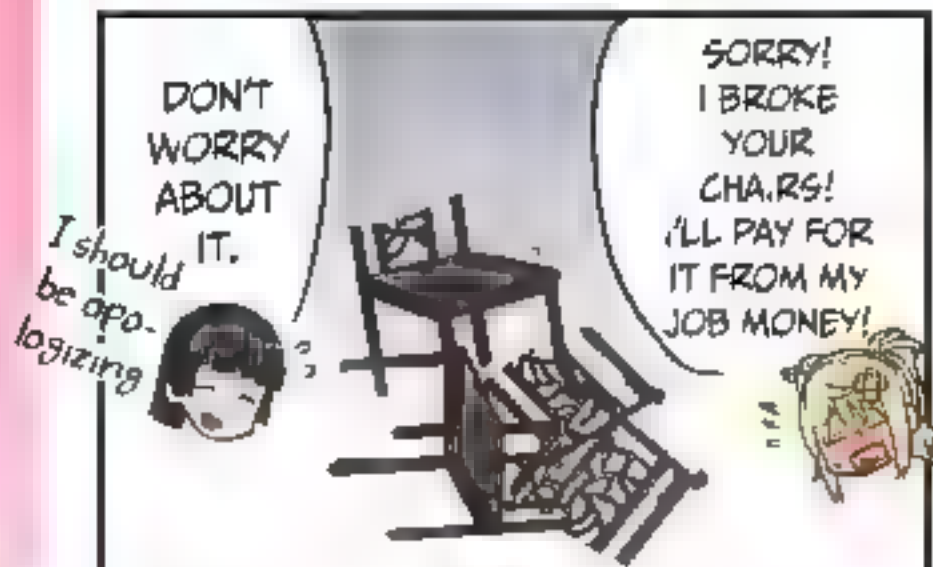
**OKAY!
HERE
GOES!**



WHEN
PERFORMING
THIS EXERCISE,
BE SURE THE
EQUIPMENT CAN
TOLERATE THE
WEIGHT.
AT LEAST TEN
TIMES OVER
CAPACITY.



OH CRAP



Maan!
This is
a real
treasure!

DAYS
LATER

It's an
antique
with a
current
value
upwards
of 300
million
yen!

←TREASURE
DISPLAY SHOW

A royal
dining
chair from
the early
Doge-
gencho
dynasty!

I FEEL LIKE
I'VE SEEN
THOSE
CHAIRS
BEFORE
HUH???

.....
HUH?

さ・ら・に!!

豪華店舗特典も怒濤の6種類ツ!!

特製
ペーパー

アニメイト様!



SAMPLE



URA SUNDAY
COMICS
SANDROVICH YABAKO
& MAAM PRESENTS

サンドロビッチ・ヤバ子 MAAM

「ダンベル」1巻(新刊)、
もしくは「ケンガンアシュラ」0～17巻(既刊)の
いずれかをお買い上げのお客様に

ケンガンアシュラ ×ダンベル何キロ持てる? マッスルバトルカード

※1冊につき1枚、ランダムで配布予定です!



王馬とひひきの熱いバトルが(カードで)
できるのは、ゲーマーズ様での特典のみ!!!

※数量に限りがありますので、お買い上げの際に店舗にてご確認ください。



三省堂書店様!





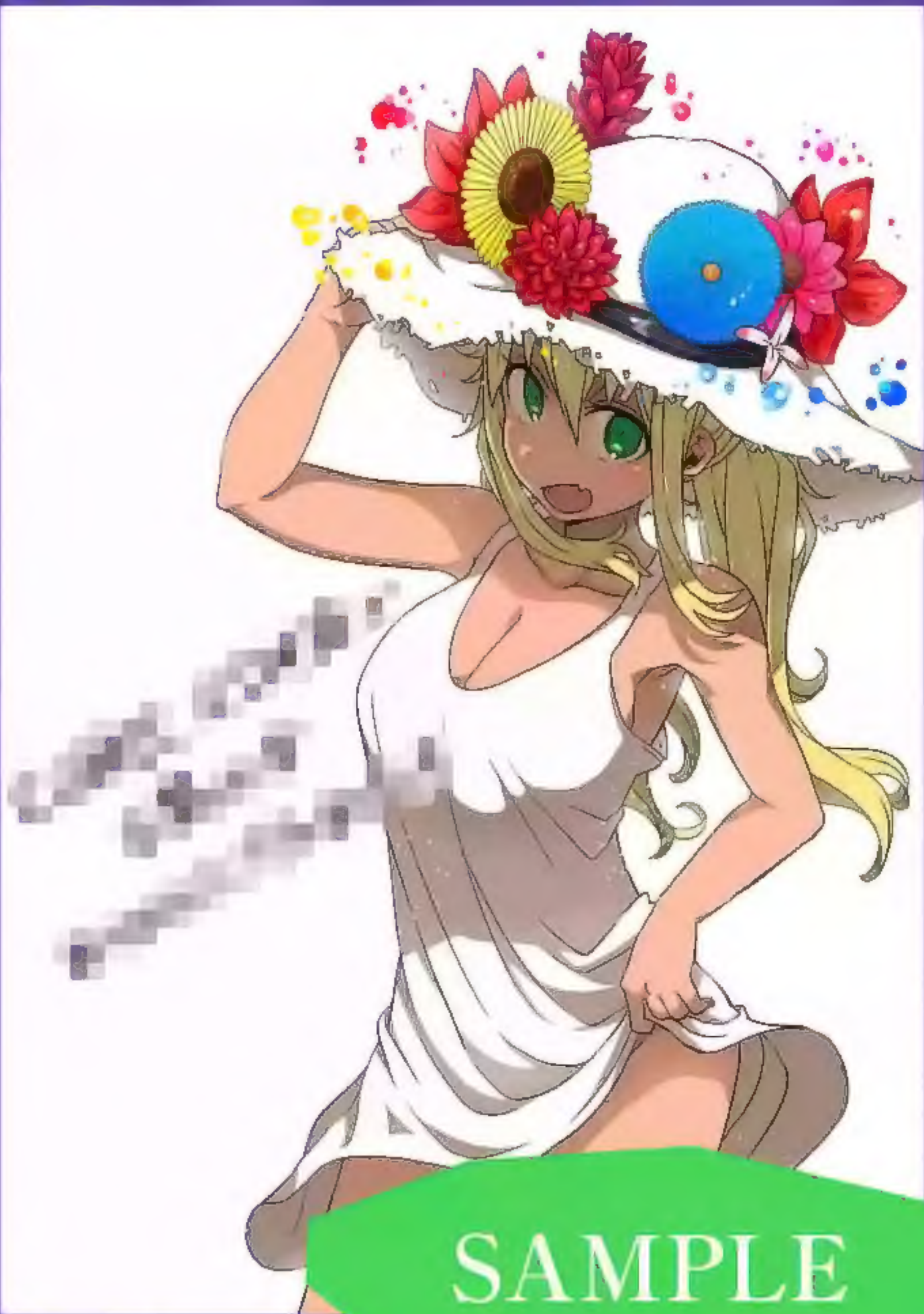
とらのあな様!



SAMPLE

特製
ペーパー

COMIC ZIN様!



SAMPLE

特製
ペーパー

WonderGOO

(一部店舗)ほか

ダンベル何キロ持てる?①



※特典物には限りがあります。無くなり次第終了となりますのでご了承ください。
※店舗によっては配布されない場合がありますので、ご購入の前に書店にて
ご確認ください。

サンドロビッチ・ヤバ子先生原作の
2作品同時発売を記念して

筋肉コラボキャンペーン実施!!



12月19日(月)発売の

「ダンベル何キロ持てる?」①

「ケンガンアシュラ」⑱

の帯に付いている応募券を各1枚(計2枚)を集めて

描き下ろしコラボQUOカード(500円分)をゲットしよう!!